



COUNTYWIDE FITNESS CHALLENGE 2012



JOIN US FOR THESE FUN FAMILY EVENTS

WALK IT OFF!

5K fitness walk, exercise sessions and biometric screenings.

Saturday, May 19, 2012

8:00 a.m. – Noon

Frank G. Bonelli Regional Park

120 Via Verde, San Dimas 91773

PLAY FOR LIFE!

A day of family fun featuring a "triathlon"—fitness walk, bicycle fun ride and paddleboat rally.

Saturday, June 16, 2012

8:00 a.m. – Noon

Santa Fe Dam Recreation Area

15501 Arrow Highway, Irwindale 91706

STOP AND SMELL THE FLOWERS!

Farmers' Markets and power walks.

Saturday, July 14, 2012

8:00 a.m. – Noon

Cerritos Farmers' Market

18074 Park Plaza Drive, Cerritos 90703

Saturday, July 28, 2012

8:00 a.m. – Noon

Victory Park Pasadena

Farmers' Market

2575 Paloma Street, Pasadena 91107

GET CULTURED!

Dance Mania, Wellness Center & 2-mile power walk.

Saturday, August 25, 2012

9:00 a.m. – 1:00 p.m.

Hollywood Bowl

2301 North Highland Avenue, Los Angeles 90068

TAKE A HIKE!

A day of family fun with fitness hikes and volleyball.

Saturday, September 15, 2012

7:30 a.m. – Noon

Kenneth Hahn State Recreation Area

4100 S La Cienega Boulevard, Los Angeles 90056

CHILL OUT!

Power walks and cooking demonstrations.

Saturday, September 29, 2012

8:00 a.m. – Noon

Burton Chace Park

13650 Mindanao Way, Marina del Rey 90292

BE ONE WITH NATURE!

Bird walks/nature hikes and biometric screenings.

Saturday October 20, 2012

7:30 a.m. – Noon

Placerita Canyon Natural Area

19152 Placerita Canyon Road, Newhall 91321

RSVP to secure your giveaways at
<http://dhr.lacounty.info>



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